

## **HOME SCIENCE (Code No. 064)**

**(CLASS - X)**

**(2020-21)**

Home science is a practical science that is essential for every individual to handle challenging responsibilities of the life. Home Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- | Foods and Nutrition
- | Human Development and Childhood Studies
- | Resource Management
- | Fabric and Apparel Sciences
- | Community Development and Extension

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

**Objectives:** The syllabus at Secondary level develops an understanding in the learners that the knowledge and skills acquired through HomeScience facilitates development of self, family and community. It endeavours to-

- | Acquaint learners with the basics of human development with specific reference to self and child.
- | Help to develop skills of judicious management of various resources.
- | Enable learners to become alert and aware consumers.
- | Impart knowledge of nutrition and lifestyles to enable prevention and management of diseases.
- | Inculcate healthy food habits.
- | Help to develop understanding of textiles for selection and care of clothes.
- | Develop skills of communication to assist in advocacy and dissemination of knowledge to community.

## Home Science (Code No. 064)

### Class - X (2020-21)

Course Structure: Theory & Practical

Time: 3 Hrs.

Theory : 70 Marks

Practical : 30 Marks

No.	Units	Marks	No. of Pd.
1	Human Growth & Development – II	12	30
2	Management of Resources	12	30
3	Food and Personal Hygiene	08	18
4	Meal Planning	13	42
5	Food Safety and Consumer Education	12	30
6	Care and Maintenance of Fabrics and Apparel	13	30
	<b>Total</b>	<b>70</b>	<b>180</b>
	<b>Practical</b>	<b>30</b>	<b>40</b>
	<b>Grand Total</b>	<b>100</b>	<b>220</b>

#### Unit I : Human growth & development II

(30 periods)

- a. Play (birth-5 years), role of play in growth & development of children. Types of play- active, passive, natural, serious and exploratory, selection of play material for children.
- b. Childhood (3 to 11 years)- Age specific milestones- Physical, motor, social, emotional, cognitive and language
- c. Adolescents : Special Features- Physical and biological, motor, social, emotional, Cognitive and language
- d. Problems of Adolescents: Consequences and management-
  - i) Eating disorders (Anorexia Nervosa, Bulimia Nervosa)
  - ii) Substance abuse
  - iii) Issues related to sex
  - iv) Anti social behaviour

## **Unit II:Management of Resources:Time, Energy and Money (30 periods)**

- a) Time Management - Definition and Importance
- b) Time plans - Factors affecting timeplan
- c) Energy Management : Definition and Importance
- d) Fatigue and workSimplification
- e) Family Income and Types
- f) Expenditure and Importance of Saving

## **Unit III : Food and Personal Hygiene (18 periods)**

- a) Principles of hygienic handling and serving of food
- b) Hygiene in kitchen
- c) Personal hygiene of food handler
- d) Hygiene during food storage

## **Unit IV :Meal Planning (42periods)**

- a) Concept of Meal Planning
- b) Factors affecting meal planning - age, sex, climate, occupation, cost of food items, number of family members, occasion, availability of food, family traditions, likes and dislikes
- c) Basic food groups given by ICMR
- d) Use of food groups in planning balanced meal for self and family.

## **Unit V : Food Safety andConsumer Education (30 periods)**

- a) Problems faced by Consumer- Price variation, poor quality, Faulty weights and measures, Non-availability of goods, Misleading information, Lack of standardized products
- b) Food adulteration : Concept, adulterants(Metanil yellow, Argemone ,Kesari dal) and harmful effects of these adulterants on human health,
- c) Food Safety Standards-FSSAI (2006)
- d) Consumer Education-Consumer Rights and Responsibilities

## **Unit VI : Care and Maintenance of Fabrics and Apparel (30 periods)**

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal

- c) Storage of cotton, silk, wool and synthetics
- d) Readymade garments- selection, need ,workmanship and care label.

## **Practicals**

**40 Periods**

**30 Marks**

1. Make a suitable play material for children between birth to 5 years (group activity)
2. Plan a balanced meal for yourself.
3. Make a time plan to self for one day.
4. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
5. Prepare a slogan/poster to create awareness on consumer education
6. Remove stains from white cotton fabric: curry, grease, ball pen ink, lipstick, tea and coffee
7. List five areas of agreement and disagreement each with parents, siblings and friends, and give your suggestion to improve the relationships.
8. Examine positive and negative qualities of one readymade and one tailor made garment.
9. Prepare a care label for a readymade garment according to its fabric and design.

**SCHEME FOR PRACTICAL EXAMINATION  
CLASS X HOME SCIENCE**

**M.M-30**

I	LAB ACTIVITY	Marks
a)	Plan a balanced meal for yourself	3 Marks
b)	Prepare a time plan for self for oneday	4 Marks
c)	Remove one stain from white cotton sample- curry, grease, ball pen ink, lipstick, tea and coffee	3 marks
d)	Examine two positive and two negative qualities of one readymade and one tailor made garment.	4Marks
e)	Prepare a care label for a readymade garment according to its fabric and design	4Marks
II	Play Material	5 Marks
III	File Work	5 Marks
IV	Viva	2 Marks

**QUESTION PAPER DESIGN 2020-21**  
**HOME SCIENCE (CODE NO. 064)CLASS- X**

**TIME: 3 HOURS**

**Max. Marks: 70**

<b>S. No</b>	<b>Competencies</b>	<b>Total Marks</b>	<b>% Weightage</b>
1.	Knowledge and understanding based questions terms, concepts, principles, or theories; Identify, define, or recite interpret, compare, contrast, explain, paraphrase information)	28	40%
2.	Application - or knowledge/concepts based questions (Use abstract information in concrete situation, to apply knowledge to new situations. Use given content to interpret a situation, provide an example, or solve a problem)	21	30%
3..	Formulation, analysis, Evaluation and creativity based question (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes) Classify, compare, contrast, or differentiate between different pieces of integrate unique piece of information from a variety of sources)	21	30%
	<b>TOTAL</b>	<b>70</b>	<b>100</b>

**Total no of question is 31**

**NOTE:** Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%